



THE MASSEUR



American
Association



Masseurs
Masseuses

OFFICIAL BULLETIN

MARCH 1955

DECATUR, ILLINOIS

1955 Convention Sight Changed from Frankfort to Louisville Kentucky

CONVENTION DATES

August 11, 12, 13, 14

Kentucky Hotel, Louisville, Ky.

This change from Frankfort, Kentucky to Louisville, Kentucky was made to provide better transportation and better accommodations for all the members.

Preparations are already in the making to make the Louisville, Kentucky A.A.M.M. Convention the biggest and best we have yet had. These Kentucky boys and girls will sure have to have some fine fixings to beat those Iowa gals.

Surely you intend to attend. So get your grip packed to travel and start scratching gravel for the "Blue Ridge" far away. This is the first news this year on the 1955 convention. Next issue we will try to have Hotel information, convention fees, program and anything else that might be of interest to the convention goer. Get your plans made now to attend, maybe you can add the convention trip to your vacation.

THAT'S OUR BOY

We see by the papers and program of the Eastern Section Athletic Training Clinic that our Pottsville, Pennsylvania member, Blandie Jones was on their program.

This is a clinic sponsored by the Eastern Section of the National Athletic Trainers Association every year at the Kenmore Hotel in Boston, Massachusetts.

Blanford Jones had an hours session to demonstrate the value of Scientific Swedish Massage in Athletic Rehabilitation.

CONVENTION HEADQUARTERS

The Kentucky Hotel,
Louisville, Kentucky

Rates—\$5.00 - \$ 8.00 Single

\$8.00 - \$14.00 Double

Air Conditioned \$1 extra per room

For Colored Folks

The Allen Hotel, Louisville

Rates—\$4.00 Single

\$5.50 Double

\$6.75 for 3 persons, 1 double and 1 single.

Write for your reservations early to avoid disappointment.

HOW GOOD ARE YOU?

Rules—To govern the choosing of the Nat'l A.A.M.M. Masseur or Masseuse of the year 1955:

1. The Masseur or Masseuse must be a member of the A.A.M.M. in active practice.

2. Each chartered State A.A.M.M. Chapter may enter one mas-

seur or masseuse with the consent of the masseur or masseuse.

3. Each entry must be accompanied by a letter from the State Sec'y stating why his particular State thinks the masseur or masseuse is outstanding, also, a letter of reference as to character, integrity, etc., written by someone such as your minister, banker, doctor, also a letter confirming your professional ability.

4. The masseur or masseuse chosen must be present at the 1955 National Convention to be held at Louisville, Ky.

5. The masseur or masseuse shall be subject to an appearance before the Judging Committee, to answer any and all questions asked.

6. The Judging Committee shall consist of the Nat'l A.A.M.M. officers and board.

7. The decision of the Judging Committee shall be accepted as final.

8. The winner shall be awarded a scroll or certificate, suitable for framing, stating that they have been chosen the outstanding masseur or masseuse of the year 1955 by the Nat'l A.A.M.M.

9. All entries must be submitted to the committee chairman, Mrs. Mary E. Howells, 746 E. Locust St., Canton, Illinois, on or before May 15, 1955.

SCHOOL CIRCULAR 7/7/55
MRS. H. B. JONES

GENERAL COPY
MRS. H. B. JONES

THE MASSEUR

Bimonthly publication of the
American Association of Masseurs
and Masseuses.

Published in Decatur, Illinois
DR. CHAS. W. BROOKS, Editor



President's Message

NEW BEGINNINGS

We always start from where we are, so I like to think of where we have been as of a school from which we have graduated. It makes us what we are today, gives us a sense of evaluation—in retrospect events take on their proper proportion. LET US ACCEPT THE SCARS WE HAVE ACQUIRED AS SERVICE STRIPES; honoring them for the lessons we have learned because of them; glorify them as steps in our evolution, stepping stones upon which we may climb to greater heights.

Stumbling has made us aware, in our A.A.M.M., failure has made us value success. Having learned the **don'ts** has made us conscious of the **do's**; without this difference we would be lost. The experience of our former officials has made us a road map indicating the danger spots—pointing out the peaks and lighting the shadowy places. Traveling that road we have gain-

ed wisdom, learned to read the signs along the way and to accept guidance. We have seen some people climb and others fall, and from them we have learned tolerance, compassion and understanding.

Let us have a Memorial Service honoring our **dead past**: assess its value, forgive its sins, forgive all those who have trespassed upon us. We have learned its lessons, recognizing it as a way-shower and revering it for bringing us to the springboard for the future. We thank it for the equipment it has given us, but for it we would not have grown to the place we are now, we wouldn't have felt the surge of fellowship in our midst, nor would we have seen the A.A.M.M. fast becoming the powerful organization that it is.

If you feel that you are not in the swim of things I suggest that you join hands with your fellow members by attending your community A.A.M.M. meeting and I assure you that you will soon be in as deep as you desire. If we venture nothing we will most certainly gain nothing. I am so happy to be able to state that more and more of our members are getting into the current things with powerful strokes. Thank all of you for your loyalty to the A.A.M.M. **"MANY HANDS MAKE LIGHT WORK."**

Feb. 25, 1955

Kennewick, Wash.

Dear Members:

I want to thank all of you for your letters of encouragement and suggestions. If I have not yet answered your letter please bear with me for I will answer them every one, as soon as time permits.

It is your letters that give me the courage to keep plugging away. Keep them coming my way, for without them I can do nothing. At times I find it a bit of a problem to juggle three school children, a home and husband, a business and the presidency. I

sometimes feel that there should be six arms on me instead of two! I am thankful to be able to do my little bit for our wonderful profession and I ask for your prayers to guide and keep our A. A. M. M. from all pitfalls.

Yours sincerely,

Ruth E. Williams,
National President A. A.
M. M.

ATTENTION EVERYONE

Norfolk, Nebraska

March 1, 1955

Dear Editor:

Please would you publish the Amendment passed at the Davenport convention in Davenport August 1954, about the sponsoring of any product and forbidding our emblem to be used to promote any product or equipment. I am certain there are some that don't know about it and some that do feels it applies to everyone but them.

I have on my desk letters carrying our emblem on advertisements, and a number of letters saying they understood that this was forbidden by amendment to our National Constitution. I feel this would help clear the misunderstanding and many of the new members didn't have the chance to know about the National Association of Masseurs forbidding use of the emblem, on advertising matter.

The different products should profit by an ad in the Masseur and we would be happy to publish their advertisement for a very nominal fee through our Masseur.

This should be gratifying for everyone concerned.

Gladys Weiler,
Chairman of the National
Board of The American Association of Masseurs and Masseuses.

You can read some folks like a book, but they don't shut up as easily.

CONGRATULATIONS TO SOUTH DAKOTA

Another milestone, South Dakota members organize the 17th A.A.M.M. State Chapter, January 15, 1955. The following being elected as officers:



President, Mrs. Lorraine Reiser,
211 N. Prairie, Sioux Falls, S. D.



Vice President, Mrs. Margaret
Becker, 1021 South Minnesota
Ave., Sioux Falls, S. D.

Mrs. Lorraine Reiser, President, writes the following to the National Sec'y-Treas.:

"We deeply appreciate your co-operation and suggestions in regards to our election of officers and are in accord with them.

"We are anxious to become a Chapter and hope that the above officers will meet with your approval. Again, I repeat we appreciate your interest and suggestions and ready to and willing to accept them."

It was a pleasure to your National Sec'y-Treas. to receive this fine demonstration of whole hearted cooperation from the President of the South Dakota Chapter.

This newly formed chapter lost no time in seeking legislation and at the time of organization had a massage bill pending.

We will hear further from this state as to its confusing problems and conflicting situations, due to unscrupulous and ill trained practitioners seeking asylum under the protection of the massage profession. We wish success to our South Dakota members in their fight for recognition of the reputable and qualified practitioners.



Sec'y-Treas., Mrs. Gladys Story,
230 N. Fairfax Ave., Sioux Falls,
S.D.

FOOD FOR THOUGHT

How many massage practitioners have had trouble accomplishing their usual results with an arthritic only to come to the realization that their patient has been so thoroughly drugged and medicated as to make their labors practically in vain?

Food for thought comes from a recent article in the Journal of the American Medical Association (Oct. 2, 1954) in which Paul H. Curtiss Jr., M.D., William S. Clark, M.D., and Charles H. Haddon, M.D., describe four male patients with rheumatoid arthritis "in whom severe compression fractures of the vertebrae have developed during the administration of cortisone or corticotropin or both." The authors of this article go on to say that there is the recognized complication of demineralization of the skeleton in cortisone therapy and then cite the case of a 57 year old man who had been given both cortisone and corticotropin over a period of two years. At the end of the two year period an x-ray showed there was a partial collapse of five vertebrae plus a hemorrhaging disorder of the skin.

Dr. Walter C. Alvarez in his column Your Health, Sept. 6, 1953, indicates there is atrophy of the adrenal glands, even for only five days in some cases, and then goes on to cite the possibilities of severe reaction on the skin, the kidneys, the blood, the sex organs, the hair, the stomach, the mind, the nerves, the heart and blood vessels. The cortex of the adrenals secrete hormones at all times but in case of an emergency their secretions are a necessity as they control the muscles around the heart and therefore to a great extent control the blood pressure.

In the German medical magazine Munchener medizinische Wochenschrift for Feb. 22, 1952, the author, H. Schroeder specifies that Vitamin C, which is stored in the adrenals, is lost rapidly when cortisone is given. Vitamin C is an enemy of germs and poisons which mean cortisone paralyzes the body's natural defenses against infection. Vitamin C is used up rapidly in conditions of stress, fatigue, shock, severe cold and heat so imagine the patient who has had cortisone therapy in these

(Continued on Page 8)

SCHOOL CURRICULUM 9/7/55
GENERAL 10/2/55
MHS 10/2/55

THE SHAPE OF THINGS TO COME

By Milton A. Niedfelt

One of the latest "MILE STONES" in the progress of our American Association of Masseurs and Masseuses was added this last Summer at the National Convention. Our Convention decided to have National Committees set up—A Committee on Constitution and By-laws, a Committee on Legislation, a Committee on Nominations, a Committee on Registration, a Committee on Schools and Colleges, a Committee on Ethics, a Committee on Public Relations, a Committee on Editorials, and a Committee on Advertising and a Committee on Organization and Membership.

Our membership may not realize it but the members of our National Official family—counting just one secretary in each state, and not counting the Presidents and Vice Presidents in each state is now more than fifty (50) persons. And our National President can't call them together every few days for a conference. Nor can she get them on the telephone and discuss matters with them. She has had to resort to writing letters, and this has been an arduous task of writing about ten letters more or less every day. Try it and see!

So now our National President has instituted another "MILESTONE" in our progress. She is no longer satisfied with writing and answering a lot of mail every day, much of it being the same thing over and over again. So she has put the Organization on a business basis and set up an INTER OFFICE COMMUNICATIONS.

This system, so she says will work this way. All officers and Committee Chairmen of the National, and all state Secretaries of the various States will be furnished a "YELLOW report sheet" each of them will make out a monthly report answering various questions found on this "Report Sheet" and whatever other pertinent informa-

tion they find to report. This report will be in the National President's Office by the fifth of every month.

The National President will keep these sheets, and each month she will study them, deal with the information involved and in turn will make out a general report to all her officers—called a Control Sheet.

This system will have a great many advantages. First it will help the President to know what her aids are doing, and each aid will know what other aids are doing—Every officer and Committee member will know what is going on in every part of the United States from the Officers, and each member of this staff can instantly answer questions which will help them advance the interests of the A.A.M.M. and more important BUILD the Massage Profession.

If each member and each officer tries to make this report regularly. This will advance our Organization more than anything to date—To begin with this is easy! and workable . . . ! These messages are not for publication nor for persons not members to have in their possession—The purpose is that IDEAS that are found good can be put to work for our Organization—ALL OVER! and every officer can use them. These files can be passed on from one officer or member to his successor.

Lets all of our Official family support our fine president by giving careful attention to these reports.

CLASSIFIED ADVERTISING

HELP WANTED: MALE

MASSEUR—For Health Service Director, Moline Y.M.C.A. Must be experienced, and man of good character. Excellent opportunity for a worker who has the ability to make friends. State qualifications and experience, (with references) in first letter. Address N. L. MacDonald, 1730 Fifth Ave., Moline, Illinois.

EXPERIENCE

While I was in the hospital, a middleaged lady came leading an old man, she explained that this was her father and that their home doctor had advised him to come here. He was about ninety percent blind and a very bad case of what seemed to me inflammatory rheumatism. After giving him the once over, I suggested that he have a medical check up. This he refused, as he did not believe in Doctors. After putting him to bed and placing him in hot packs, for a few days we finally got his confidence so that he would submit to an examination. The tests showed that his teeth were absessed and were advised that extractions be made as soon as possible. In fact they were so bad that they were only skin deep. The roots being deteriorated. Upon this advice I made a suggestion that we go and see a Dentist. This he refused. So after a few more days of cuddling and sweating, he finally consented. I led him up to the Dentist and they were extracted in three rounds.

He improved every day, and after two weeks of steam and massage he was able to go home and he lived happily for many years. In conclusion, must relate that this man stated that he learned to take care of his teeth about twenty years ago and had no trouble with them. In those days the farmers in this region used the old time threshing rigs wherein they had a crew of about twenty five men, when the evening came they had a stand outside the house where they washed in cold water before the evening meal. One of these men related to the above named patient that whenever he came home from the field and applied this nice cool water, if he would be sure to dry his hands before he dried his face he would never be afflicted with toothache, "and I have done that these many years and have never had any kind of trouble with my teeth."

Theo. Norby.

SCHOOLS AND COLLEGES

John A. Murray

At a recent meeting with a medical group here in Seattle, in presenting our massage bill to them for approval and support, we were asked this question. Just what did we mean by an accredited school for massage and relating techniques? We were not able to point out any one school of massage for the answer, that is, to a complete curriculum that will prepare a student for every day practice.

Very few massage technicians can meet the requirements for employment in an established profession where massage is the major therapy, such as doctor's offices, hospitals etc. Athletic clubs would rather take a man with no training and teach him their routine. They do not like to re-train a man who has had a few weeks of schooling and thinks he knows all there is to know.

If we are going to improve our educational background we need good schools. Schools that teach a good Scientific Massage and relating techniques. I think a school or college of Scientific Massage should have a curriculum similar to the following:

1. Massage techniques and manipulations, with indication when to use massage—400 hours.
2. Hydro Therapy and results—300 hours.
3. Medical Gymnastics—passive and resistive (when to use and when not)—100 hours.
4. Electro Therapy and results—300 hours.
5. Classroom lectures on Anatomy, Physiology, Dietetics, Hygiene, Ultra Violet Therapy, Vita Mineral Therapy, Office and Clinical Procedure, State laws, City ordinances, Advertising Health Sanitation in Practice, Professional Ethics.

This should be little enough time to qualify a student for graduation. He will be fairly well equip-

ped to seek employment or to establish himself in his own practice. I'd like to see comments from graduates as to their problems on how they were or were not prepared to start out on their chosen profession.

LEGAL ADVICE

Jan. 10, 1955

Editor of The Masseur:

East Walpole Massachusetts

By Ann B. White, L.M.

In 1954 watching the McCarthy hearings, I noticed what a strain the attorney for the army, Mr. Joseph M. Welch was going through. He lives just a half mile from us on a quaint New England street. Incidentally, I don't know him personally, but our girls graduated from Walpole High school with some of Mr. Welch's neighbors children. They think very highly of him. If someone is ill, he's there, ready to help in any way, sends flowers and is so thoughtful in many ways. Knowing this, I sent him one of my business cards, and suggested that he try a soothing and relaxing massage. Soon after a Boston paper had this line in one of the stories about the hearings:

"Welch went 'almost daily before dinner' to a masseur 'to have the strain kneaded out of his aching muscles and mind'."

I like to think I gave him the idea, and I wonder who that lucky masseur was in Washington to have the opportunity to help such a tremendous personality. Naturally I was thrilled to receive this letter from him.

Hale and Dorr
Counsellors At Law

Telephone Hubbard 2-3300
Cable Address "Hafis"
60 State Street, Boston 9
October 15, 1954

Mrs. A. B. White
246 Pleasant Street
East Walpole, Massachusetts
Dear Mrs. White:

Thank you for writing me

while the hearings were going on in Washington.

I have been under so much pressure that it is only now that it is possible for me to thank you for sending me your card and to tell you that I shall be happy to look you up should I have occasion to need a masseuse.

Sincerely Yours,
J. M. Welch.

PARALYSIS AGITANS

This form of disease excites my sympathy greatly. Believe me I have spent many a sleepless night thinking of the relief I would like to give to a couple of my patrons who seem to be so afflicted.

My solution is as follows:

The "Salt Glow" followed by a hot and cold shower—then deep kneading movements of massage—finally the nerve stroke; a corrective diet and proper posture is insisted upon. **Definitely electrical therapy must not** be used on such a patient.

I am not above correction and would appreciate new suggestions.

Thanking You Sincerely,
A Friendly Member,
A. Ladig.

FOR YOU AND ME

When summer comes and flowers bloom

God fills the air with sweet perfume

In leafy trees he entertains
With birds that sing, for you and me.

He gives us hands and work to do
So don't sit 'round and fret and stew

Just try to do your very best
Then trust in God, he'll do the rest
For you and me.

The Babblin' Brooks.

Maybe one reason we miss so many opportunities is that they always look bigger going than coming.

SCHOOL CURRICULUM
A-7116/715
GENERAL BODY
MUSCLE

YOUR ARTHRITIS AND EXERCISE

Leora H. Johns, R.M.

First step to help with your arthritis is to become acquainted with it. Always bear in mind that it is with you for good, because there is no complete cure for it as yet, but that will come in time. But now—we must adapt ourselves to the idea that we have it, and so let's watch ourselves—keep our feet dry in bad weather, if our clothing becomes wet, change as soon as possible. Watch the drafts in our homes and cars and stay out of them, try our very best not to contact a cold. We must be careful of the position in which we set or lie, for any length of time. Watch our diets.

You must be the judge of which action gives you comfort and those which causes you to be uncomfortable, perhaps bring on pain or an acute attack of pain. Every one has knowledge of the conditions brought on with chronic arthritis, and all know that heat, massage and exercise are used in treating arthritis, by stimulating the circulation through the affected area, lessens the waste of muscles, helps to correct deformity and advances the healing process.

There is always a lack of muscle tone in most arthritis patients, thus the value of exercise is recognized as a method of treatment. The exercise of the complete body is necessary to bring muscles and joints into correct alignment, thus correcting postural defects.

The patient should be posture-conscious. Exercise and training in posture exercises should begin and end with each treatment. The operator should have patient do deep breathing exercise to start each treatment, thus strengthening the muscles used in respiration. Easier and more forceful action of the diaphragm, stimulates the abnormal organs and increases the efficiency of the lungs and heart. Deep breathing causes the contraction

of the stomach, intestines and colon, in the up and down motion, the effect is much like an abdominal massage.

A second cause for exercise is to improve muscle tone and develop functional power of the abdomen, spine and buttocks. Both tone and power are necessary to acquire in muscles to maintain proper posture.

All exercises should be performed slowly, rhythmically and with care. Exercises should not be slighted but done to the fullest degree range of motion. The patient should be careful not to over-exert or exercise too strenuously.

If pain in joints is increased for more than three hours afterward, the exercise has been too strenuous. The operator must teach the patient to exercise himself, that he must rest afterward—resting in a position that prevents pain or strain and deformity. A board may be placed under the mattress to keep it flat and firm, if the bed is too soft and flexible.

But remember exercise is of little value alone—HEAT in some form, such as steam baths, hot tub baths or hot compresses should precede exercise. Exercise should first be taken in a lying position, because generally upon awakening after a nights rest, the joints are noticeably stiff, after a little exercise the stiffness is not so noticeable. The exercise is taken in a sitting position, and finally a standing position, when muscle tone and functional power is increased.

To start these exercises, we take the count of three as our key all motions are repeated three times—one, two, three—NO More—thus we prevent exertion. It is well to follow the count of three for several days until patient can move easier with less pain and effort.

1. If stiffness is in the shoulders and arms, along with upper back—raise arms slowly, bend at elbows—place hands under head, clasp hands if possible—hold and

breath deep—bring elbows down to bed as near as you can—hold and count three—raise elbows—unclasp hands—bring arms straight to your side—hold and count three—repeat this exercise three times, after a few days the pillow or a small roll is placed between your shoulders, then repeat the first exercise.

Exercise 2. Still laying flat on your back raise arms upward and backward over head as you slowly inhale and as you exhale lower your arms. Remember the key 3.

Exercise 3. Lay flat on the bed, draw your right knee up as close to your chest as possible, using both hands to do so. Hold a while, then pull closer. Release hands, raise leg high and straight up, let leg down slowly, now raise the left knee and repeat—when you have completed this stretch your feet out as far as the toes will reach—relax slowly.

Exercise 4. To strengthen abdominal muscles start with exercise two, then bend knees with feet raising flat on the bed, breath deep pulling the abdominal muscles inward with an upward pull, contract the buttocks muscles inward with a downward pull flattening the entire back on the bed—slowly let go—relax. Now repeat three times. Now raise right shoulder thus elevating ribs, relax, now the left shoulder—thus stretching the intercostal muscles—now raise both shoulders, thus raising the ribs as much as possible. Repeat as soon as possible.

Exercise 5. Now move to a straight chair or to edge of bed in sitting position—take a deep breath and sit up as straight and tall as you possibly can. Now we can use a foot roller (these can be bought at a foot clinic or drug store, but if you care to you can make one out of a piece of a broom stick. Saw off a smooth piece about 6 inches long place roller under arch of the foot, let the foot roll gently back and forth after a week a little more pressure can be exercised on the roll

us breaking up of crystal formations in feet, and building up strength. Now flatten feet to the floor—curl toes up—next point toes downward-inward and upward—now relax feet.

Exercise 6. Sit straight and tall, abdomen flat, head up, chin in, hands on hips. Bend forward, now bend to right then left thus twisting the body sideways, this helps the stomach muscles and also waist line. Repeat three times.

Stand and raise arms upward, rise on toes, stretch up tall — breathe deep, lower arms, lower heels and exhale three times.

These few simple exercises anyone can do part or all of them even if arthritis is a real handicap. If these exercises are started at the beginning of the disease and carried out faithfully and continuously as a regular daily program, they will pay well as there will be fewer days in bed at home or in the hospitals and less disability and pain.

It is up to each arthritis sufferer to help himself as much as possible. Don't give up and become a complete cripple. Above all exercise the power of Prayer, God's love and care will help you endure.

DUE TO ILLNESS

Must sell a complete Mineral Cabinet Bath establishment in city of 28,000 pop., big trading center, and Capital of State, also living quarters included. Selling at \$3000.00. There are 4 cabinets, 6 beds and office equipment and in a very large building. Established in this town for 30 years. For more information, write:

John Reis, 206 Main
Bismarck, No. Dak.
or call Bismarck Capital 3-6508.

RICH SOURCES OF IRON

Asparagus, artichokes and kale. Fruits are lower in iron than vegetables. (Iron tablets are of no value).

A GENERAL BODY MASSAGE

The hand massage, also named manual massage is divided into three parts. In (Effluage) that is stroking; (Petrissage) that is kneading, rolling; (Tapotement) that is vibration, knocking and lashing. The method is of greater variations than the expression "Massage" has led us to suspect, therefore the treatment (in fitting cases) should be given more consideration by the physicians than it is now in America.

In an entire body massage, the patient first lies on his back. The Technician now with open hands stroke the sole of the foot then the side from the heel to the toes, then around the ankle, and next with one hand stroking the Achilles tendon, he goes kneading up the calf. The calf is kneaded, rolled and stroked with both hands, by lifting the muscles from the bone at intervals and pressing it like a sponge. In this procedure, the fingertips should not press into the flesh too hard. The pressure should always come from the inner muscles of the open hand. Now and then the Technician makes a long stroke from the heel to the calf (hollow of knee). Now the knee-cap (Patella) is being loosened up and stroked and the Technician proceeds further up the thigh to the hip, always rolling, stroking, and kneading. Now, make other long strokes beginning on the heel and ending at the hip in which the entire leg should be taken between the hands, and the blood vessels pressed energetically as though he wanted to press out a sponge. The muscles between the legs from the front to the back have to be stroked briefly. Now the Technician proceeds to the massage of the intestines, stomach, heart, liver and chest, consisting of light or strong strokes and taps. The patient now is made to lie on his stomach, and the massage of the back begins. This consists of strong strokes

kneading, rolling, taps, and clapping, from the upper part of the thigh of one leg, over the small of the back, to the shoulders and then, beginning on the other leg he follows the same route.

This is done three times in the same manner, whereupon he massages the back with cross strokes and finally makes a few long movements over the whole body from feet to shoulders.

When working with both hands, one hand begins at the instant in which the other stops. Pressure and rapidity of the motions depend upon the kind of sickness and sensitiveness of the subject. The directions of the motions from any part of the body, should always be toward the heart, because the heart again takes up the blood from the tissues. Directly beneath the skin are the veins and lymphatic vessels while the blood bringing vessels lie deeper and possess thicker walls, and are therefore not so easily pressed empty. Therefore on the arms and legs or on the trunk we always stroke upward because the inner lying surfaces of the veins and lymphatic vessels, directly beneath the skin are equipped with numerous valves and pockets, which shut immediately when we stroke downwards.

They probably let their contents flow upwards and as soon as a backward motion is made, the pockets of which there are always three on a surface, fill themselves and press so tight against each other, that not a drop of blood can pass through. The vessels on the head and neck do not possess such pockets, because here the blood and lymph flow in the direction of the heart.

Much of this massage becomes mechanical after a time. However, there are many thoughts that should be woven into this General Massage. At no time should the Technician forget that his work is powerful, that nerves and blood vessels are delicate things, and at all times the Technician must be

SCHOOL

ARTHRITIS
HOLKERS INFO.

GENERAL BODY
MASSAGE

Careful and alert mentally. Never give too much massage, instruct your patient that if the first treatment makes him somewhat stiff that he has much toxic poison in his system, and that a bath for 20 minutes in a hot tub of water with $\frac{1}{2}$ cup baking soda will help relieve the stiffness, to some extent.

Milten Niedfelt.

THE HEART AND MASSAGE

Glenn D. Carlson

The human heart beats about 104,000 times in every 24 hours. In one day it pumps about 60 barrels of blood through the blood vessels. For comparison, picture a water pump, busily engaged in pumping 60 barrels of water per day through miles and miles of rubber hose. Just imagine all the things that might go wrong with the pump working steadily without a moment's rest for sixty or seventy years. Any engineer can tell you of technical difficulties that might arise. Is it no wonder that the heart, a human pump, operating without a rest for sixty or seventy years will eventually show the results of human frailties and abuse?

We know that one of the main causes of the symptoms of muscle fatigue is the accumulation of waste products within the muscle and the heart being muscle is subject to the same fatigue from waste products. The victim of heart trouble is deprived of exercise by which this poisonous material can be successfully eliminated. If a heart is weakened by disease the kidneys rarely function efficiently and thus the blood becomes full of waste products. This "rich blood" is fed eventually back to the heart muscle and therefore is fatigued lending to heart failure. A vicious circle is thus established. The heart fails, waste products collect and the heart fails still more.

The objective in view is plain

when massage is ordered in any case of failing heart, from whatever cause. It is to aid the elimination of waste products and to assist the heart's action, as far as possible, by lowering any resistance which may be present in the venous system, thus hampering the circulation in the arteries. Both of these objectives can be secured by massage treatment.

Treatment by rest and drugs without massage is unscientific, in that it aims solely at remedying the main organ affected, and ignores the desirability of treating all the other evils which are inevitably present. From a psychological point of view, active treatment in the form of massage must be held immeasurably superior to rest and regular drug administration when they are used alone. However, this does not mean that these therapies do not go with each other but rather that massage is a necessity when they are employed.

Ever continuing research reveals functions of the heart, the best methods of treatment and the preventive measures to be taken to avoid heart failures. Massage is applicable as a treatment in that it has been proved experimentally that drug and rest therapy are more effective when massage is used in connection. As a preventive, massage is equally a proven therapy as the accounts of different observers have indicated a reduction in the size of the heart after the institution of massage.

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straits who has been already robbed of his Vitamin C and incapable of storing any more due to atrophy of the adrenals.

For the patient who has had extensive therapy with cortisone, ACTH, and corticotropin we can see the importance of a good vitamin and mineral therapy program. Of course there can be no let-up as the adrenals are atrophied and therefore not storing or secreting.

Glenn D. Carlson.

VALUES

A roving reporter stopped six people on the sidewalks of New York and asked: "What was the most important happening in history?" Five replies, 2 men and 3 women, were as varied as might be expected:

"The settlement of Jamestown by the English."

"The defeat of the Saracens at Tours."

"The splitting of the atom."

"The defeat of the Japanese."

"The invention of the wheel."

The sixth answer came from a 14-year-old schoolboy:

"The birth of Jesus Christ."

—R&R Magazine.

A FRIEND

I love to take the time each day
And stop and chat awhile
And each one tell a little joke
And each one pass a smile.
Now when you're growing old and gray

And life it nears the end
Our greatest joy is when we meet
A true and trusted friend.

The Babblin' Brooks.

If a man is known by the company he keeps, is the good man bad because he keeps company with a bad man, or is a bad man good because he keeps company with the good man?

Chains of habit are usually too small to be felt until they become too strong to be broken.

Big men become big by doing what they didn't want to do when they didn't want to do it.

Tact and personality often lead where cold reason cannot drive.

It isn't the smooth sea that makes a skilled mariner.

The reward of one duty done is the power to fulfill another.